

Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): Way to Grow, Minneapolis

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Goal: Empower, motivate, and support pregnant women and mothers of new born infants to achieve healthy birth outcomes, foster positive child development, and move out of poverty.

For the period/quarter 5: July 1 –September 30th 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	<ul style="list-style-type: none"> • Hiring, training of staff, staff assessments, and all administrative duties • Day to day operations of project and staff • Manage caseloads of Family Educators • Change and update forms to track staff time spent on grant • Track and analyze data • Report to Funders 		<ul style="list-style-type: none"> • Hired and trained two new Family Educators, both of which will work with MDH families • Submitted Evaluation Report Year 2 to Mary Ottman • Updated our MDH template report for 2017-18 and submitted to Mary Ottman • Changed and updated forms to track goals of the grant • Changed and updated administrative forms to track staff time spent on grant (timesheets, mileage) • Managed caseloads of families participating in the program • 1:1's with Family Educators working with MDH families • Provided updates at all staff meeting regarding progress of the grant • Tracked and analyzed data of grant progress • Communicated with MDH contact with questions or to update information 	

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Outreach	<ul style="list-style-type: none"> Community education and contact activities Outreach efforts to increase capacity 		<p>In Q5, Family Educators recruited over 40 potential MDH families. We conducted recruitment efforts at a number of locations including: Division of Indian Work, Tapestry Resource Center, weekly outreach at WIC, Minneapolis Early Intervention and screening, Salvation Army, North Regional, Hosmer and Franklin library, Youth Link, Baby Space, Pillsbury and Lucy Laney school, North Point Health and Wellness Clinic, North Point Human Services, Broadway Family Medicine Clinic, and MN Internship Alternative School.</p>	
Case Management Services	Minnesota Visiting Nurse Agency (MVNA) Visits To Pregnant Women Contract with Minnesota Visiting Nurse agency to provide home visits to pregnant mothers including public health nursing services, prenatal health assessments, maternal resources, and in-home nurse visits	15	<p>In Q5, Way to Grow referred 16 pregnant participants to MVNA. As a result, 3 women enrolled in MVNA. We were able to reach our referral goal, but MVNA is having a hard time enrolling and providing services to pregnant moms. Several reasons for this include:</p> <ul style="list-style-type: none"> The original goal number was based on the number of pregnant mothers in our program at this time last year. We continue to see a reduction of pregnant women in the community and as such our numbers served are lower. Since last quarter, women have also given birth and have transitioned from prenatal to infant and new parent programming. Some participants who have had previous pregnancies and previous MVNA assessments feel they do not need MVNA services for their most recent pregnancy. Instead, mothers may feel they already have the knowledge and experience of being pregnant and having a newborn, so thus refuse the service. Referrals to MVNA increase and decrease over the course of the year, however we hope to reach more pregnant mothers in the future. We continue to use strategies to 	16 referred 3 enrolled

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	<p>Home visiting program Provide home visiting services to Way to Grow families, focusing on pregnancy and parenting education and support.</p> <p>Connection to community resources and follow up</p> <ul style="list-style-type: none"> • Resource Advocates and Family Educators provide and follow up on referrals to housing, food, health care, clothing, ESL classes, employment, and other basic needs. • Follows up to make sure the connection to service was made. Provide direct assistance with paperwork as necessary. • Transportation if needed. Provide translation services if needed. 	400 80	<p>recruit more pregnant women including weekly recruitment at WIC and Tapestry. Family Educators also continue to discuss MVNA services with pregnant participants, and share the PHN assessment process and the benefits of the visit. Additionally, our agency partners may refer families to MVNA and Way to Grow simultaneously, but upon joining our program we complete a secondary referral to MVNA's services to ensure families are connected.</p> <p>In Q5, Way to Grow provided 632 home visits to pregnant mothers and/or parents with children up to 12 months old. Home visits with these families focused on pregnancy, parenting, and health education. Family Educators also connected families to additional resources for support.</p> <p>In Q5, Family Educators and Resource Advocates provided 175 community resource referrals to MDH participants. To ensure the connection was made, Way to Grow follows up with each of these families. These referrals help families' access basic needs and help to stabilize the home. To help families take advantage of these referred services, Family Educators provide translation and/or transportation assistance when necessary.</p>	632 175

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Childcare Assistance	Provide child care to parents who attend Way to Grow groups and classes.	15	In Q5, 70 parents received childcare support so they could attend classes. We know that childcare can be a barrier for many of our families and as such, provide childcare and transportation for most of our group meetings and events. Providing these services increases participation in our educational groups and events and in turn increases the knowledge and long-term health of our families. The events and groups with provided childcare this quarter included: New Parent Group, Dream Tracks teen parenting program, Cooking Matters nutrition class, and our Expanded Food and Nutrition program.	70
Crib Distribution/ Sleep Safety Education	Provide education on safe sleep during home visits.	160	In Q5, Way to Grow Family Educators provided 479 home visits focusing on safe sleep education. Activities included: <ul style="list-style-type: none"> Family Educators continued to utilize educational flyers and DVDs developed by the Eunice Kennedy Shriver National Institute of Child Health and Human Development to educate families. Additionally, Way to Grow continued to receive Pack 'n Plays from Cradle of Hope on a monthly basis for distribution to our families. In Q5, we distributed 10 Pack 'n Plays to MDH families We also utilized the Sleep Baby Safe and Snug books donated by MDH. We received 250 in English and 20 in Spanish. Family Educators read the book with families and left the book for families to review on their own. 40 of these books were distributed in the fifth quarter. 	479
Education Assistance	Referrals to agencies that assist in employee assistance.	10	In Q5, Way to Grow provided 21 referrals to MDH participants to assist individuals in furthering their education and finding employment. Agencies referred to in the fifth quarter were: Minneapolis Public Schools Adult Basic Education, Open Door Learning Center, Franklin Learning Center, MNIC, Somali American Education Program, and the Latino Economic Development Center.	21

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Hotline – connection to community resources	Family Support Services: Provide resources to Way to Grow and non-Way to Grow families.	75	In Q5, Way to Grow Family Educators and Resource Advocates provided 146 community resource referrals to both enrolled and non-enrolled families that fit the MDH grant criteria. Frequently referred resources included: housing, employment, mental health, and education/GED.	146
Interpreter Services	Interpreter Services: Provide translation services at appointments, home visits, and group sessions. Translate resources and curriculum for families.	250	In Q5, Way to Grow Family Educators and Resource Advocates provided 46 interpreter services during home visits, phone calls, groups and classes, and while connecting families to community resources.	416
Life-Skills Education Program	Dream Tracks: Offers home visiting and monthly education sessions on topics including career development, resume writing, and other self-sufficiency skill-building topics.	25	In Q5, MDH participants in our Dream Tracks program received 36 contacts either through monthly meetings or home visits.	33
	Cooking Matters: Through University of Minnesota Extension Services; a six-week cooking class focusing on making healthy meals on a tight budget. Expanded Food Network Program: The University of Minnesota has a four week cooking class that we also had during Q5.	15	In the Q5, Way to Grow held a six-week Cooking Matters class. There were 26 contacts with MDH participants during the length of the course. In Q5, Way to Grow held a four week cooking class for parents. We had 8 contacts with MDH participants.	34

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	New Parent Group: Offers home visiting and monthly parenting group for pregnant women or new parents with children up to 12 months of age	25	<p>There were 7 contacts with MDH participants that attended monthly New Parent Groups. (Only 1 group this quarter). The group does not meet in the summer.</p> <p>Note: Way to Grow hosts three or four six-week New Parent Group classes throughout the year. During the school year, New Parent Group meets monthly and breaks each summer. As such, numbers will vary each quarter due to our class/group schedules during the specific reporting period.</p>	7
Material Support	Family Educators provide material support including: Baby and maternity clothing, Diapers, Books, Backpacks, Bundles of Love, and school supplies.	75	<p>In Q5, Way to Grow received or purchased the following items for MDH participants:</p> <ul style="list-style-type: none"> • 70 Welcome Baby Bags (filled with baby items) were donated by Second Stork. These were used as recruitment incentives as well as given to pregnant mothers during home visits. • 9 Pack 'n Plays were donated by Cradle of Hope and distributed to families. • 18 Bundle of Love bags were given to MDH this past quarter. The bundles included handmade clothing and blankets for newborns. • 250 Sleep Baby Safe and Snug Books were donated to Way to Grow in the second quarter. 30 were distributed. • Purchased 10 car seats and distributed 7 at a Car Seat class on Saturday, September 23rd. The class was taught by a certified Car Seat trainer. • Purchased 10 highchairs and 10 were distributed. • 15 Baby Basics were distributed. • Watch Me Grow and other prenatal brochures were ordered and approximately 60 were distributed. 	226

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Mental Health	Family Support Services provide Mental Health resources to families enrolled in Way to Grow as well as non-Way to Grow families.	5	In Q5, Family Educators and Resources Advocates continued to increase the number of Mental Health resources provided to MDH participants, including 17 Mental Health referrals to MDH participants. Referred agencies included: Tapestry, Pregnancy and Postpartum Support Minnesota, and North Point Health and Wellness Center.	17
Nutrition	<ul style="list-style-type: none"> • Cooking Matters: Through University of Minnesota Extension Services; a six-week cooking class focusing on making healthy meals on a tight budget. • Nutrition Events: 2-3 events on an annual basis; nutrition education tables, healthy food demonstrations. • Home visits: focused on activities to support healthy birth outcome and care for their babies after birth. 	300	<p>In Q5, Way to Grow recorded MDH participant contacts through groups, events and home visits. Nutrition and health are an essential part of our curriculum for the entire family, including parents and children prenatal through age eight.</p> <p>Way to Grow worked extremely hard to increase the number of home visits, groups, and events that emphasize the importance of health at all ages.</p>	512
Parenting Education	Parent Education during home visits, at monthly New Parent Group meetings, and monthly Dream Tracks meetings.	400	In Q5, Way to Grow Family Educators provided 632 contacts, which included parent education during home visits, the New Parent Groups, and monthly Dream Tracks meetings.	632
Pregnancy Testing	Pregnancy Education during home visits.	180	In Q5, Family Educators provided 278 pregnancy education contacts during home visits. Topics included the importance of attending prenatal visits, birth plans, appropriate weight gain, breast-feeding, and bonding and attachment.	278

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Provide Necessary Services Assessments Only	<ul style="list-style-type: none"> Provide intake assessment to determine need. Provide women with information on, referral to, and assistance with pregnancy services. Utilize resource database to provide information and make referrals. 	40	In Q5, Way to Grow completed 46 intake assessments with new MDH families to determine their need and the services that would best fit their family situation. During visits, Family Educators provided families with appropriate education, as well as referrals to and assistance with pregnancy services. For example, if a pregnant mother does not have doctor or clinic, Way to Grow assists and supports her as she finds a medical home.	46
Transportation	Provide taxis and bus tokens for classes, events, and prenatal care.	25	In Q5, Way to Grow provided 60 taxi rides to MDH participants to get them to and from prenatal appointments, as well as to attend Way to Grow classes, groups meetings, and events. Group sessions and events included Cooking Matters, Expanded Food and Nutrition Cooking Class, New Parent Group, Dream Tracks teen parenting program, and other community events.	60

Maternal and Child Health Initiative Task Force Strategies	No.
Number of women who received car seats and car seat safety education from a PA funded program activity	7
Number of women who received car seat safety education only from a PA funded program activity	24
Number of women who received child abuse prevention education from a PA funded program activity	166
Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity	166
Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity	9
Number of women who received sleep safety education only from a PA funded program activity	132

Challenges:

Minnesota Visiting Nurses Agency Referrals

Way to Grow continues to see fluctuations in our MVNA referral numbers. Based on previous reports, Way to Grow has worked with our MDH contact to lower our quarterly referral goal from 30 to 15 referrals to MVNA. Referrals to MVNA are heavily dependent upon how many pregnant women we recruit in one quarter and that remain with the program. Additionally, some current Way to Grow clients who have had previous pregnancies and MVNA assessments refuse MVNA services as they feel they have the acquired knowledge and experience of being pregnant and having a newborn.

It is important to note that while referrals to MVNA increase and decrease over the course of the year, we worked to reach more pregnant mothers in Q5. We have developed new strategies to recruit more pregnant women, including weekly recruitment at WIC and Tapestry. Furthermore, Way to Grow Family Educators continues to discuss MVNA services with pregnant participants, as well as share the PHN assessment process and the benefits of the visit. It is also part of our procedure to follow-up with families to ensure that connections are made. Finally, some partner agencies may refer families to both Way to Grow and MVNA simultaneously. In these cases, if families enroll with Way to Grow, we send an additional referral to ensure families are connected.

Tracking Group & Class Engagement

Every quarter, Way to Grow hosts various events, groups, and classes. One challenge we have faced is fully recording and tracking all our attendees, including whether or not families in attendance are MDH participants. In light of this, we have already implemented a new tracking procedure to ensure we capture all relevant data for internal and external reporting. With our newly reformatted tracking form and procedures, staff can more easily track family attendance and our Data Team can more accurately record and report attendance and contact numbers for our programming.

Fluctuating Numbers

As noted in the original work plan, Way to Grow experiences occasional fluctuations in participant attendance and client recruitment throughout the year due to our annual programming schedule, as well as an ever-fluctuating population of pregnant and/or new mothers.